



Basic Syrup for Sunset Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



5

CALORIES



154 kcal

SIDE DISH

Ingredients

- 2 pandan leaves
- 1 cup water
- 1 cup sugar white

Equipment

- sauce pan

Directions

- Place sugar, water and pandan leaves in a deep saucepan. Bring to a boil, lower heat and simmer until sugar is dissolved.
- Remove pandan leaves and strain the syrup. Allow to cool for use as a basic syrup. Store the syrup in a bottle in the refrigerator.

Nutrition Facts

PROTEIN 0.01% **FAT 0.74%** **CARBS 99.25%**

Properties

Glycemic Index:14.02, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:0.10391304188448%

Nutrients (% of daily need)

Calories: 154.13kcal (7.71%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0.01%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 39.86g (14.49%), Sugar: 39.92g (44.36%), Cholesterol: 0mg (0%), Sodium: 2.78mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0.01%)